

Team Building Exercises

Note: The ultimate goal of team building is to improve aspects of working as a team, such as communication. Should the Workgroup Leader determine there is a breakdown in teamwork, it may be helpful to implement a fun, laidback team building exercise.

Team-Based Board Games

- Consider spending some time playing a team-based tabletop game that requires everyone to work together.
- Games with small groups of teams may also work, however, the teams should be mixed up for every round or game.
- Ideas of team-based board games appropriate for work:
 - Apples to Apples
 - Code Names
 - Pandemic
 - Pictionary
 - Trivia

Draw, Partner

- Split all workgroup members into pairs; they will be standing back to back.
- One partner gets a pen and paper while the other gets a simple line drawing
- The partner with the drawing will describe the picture using only shapes and the other partners will draw the object
- Once the partner is done describing, the partners can evaluate the artwork for accuracy
- This activity largely focuses on communication and thinking skills.

Sales Pitch

- This activity occurs within small groups to build collaboration and creativity.
- One everyday item is selected from the office to be the product for each small group.
- Each group will have 15 minutes to craft a sales pitch to promote the product.
- Consider having the group come up with the following:
 - Product name
 - Logo
 - Motto

Memory Wall

- There are sometimes where work gets discouraging and everyone needs a pick-me-up. By creating a memory wall, Workgroup Members can recall special moments and be reminded of the successes they experience in the workplace.
- The memory wall can be created on a large notepad or poster board and brought to every workgroup meeting.
- Workgroup members can write special moments on sticky notes and place them on the memory wall to reflect on at later meetings.